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Nuts Aplenty

A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, October 31, 1939, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 104 associate radio stations.

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WALLACE KADDERLY:

Here we are on the last day of October. Hallowe'en is just a few hours away. I don't see any pumpkins made into jack o'lanterns around here. Neither do I see a tubful of water ready for those who might like to bob for apples. I know that plenty of people everywhere -- youngsters and grown-ups from coast to coast -- are getting these pumpkins, and the apples, and the popcorn, and the cider ready for the frolics this evening.

And Ruth Van Deman has picked a very timely topic for her Bureau of Home Economics report today -- Nuts Aplenty ...

RUTH VAN DEMAN:

The real kernel of this news, Wallace, comes from the Agricultural Marketing Service. They're the ones who've reported bumper crops of several kinds of tree nuts this year.

KADDERLY:

Tree nuts or true nuts?

VAN DEMAN:

Both. They're the same.

KADDERLY:

That's leaving out peanuts ... that grow under the ground.

VAN DEMAN:

If you want to be very botanical about it, peanuts are not true nuts.

KADDERLY:

But to all intents and purposes for food they are?

VAN DEMAN:

Very true. The nutrition people class all the nuts together. Practically all of them are very rich in fat.

KADDERLY:

And protein? Don't they have protein too?

VAN DEMAN:

Some, yes. But to get enough protein from nuts to count for much in the diet, you'd have to eat more fat than you'd want. And besides, protein of most nuts can't be so well utilized by the body as protein from meat, and eggs, and cheese, and the other foods of animal origin.

(over)

KADDERLY:

I might as well come right out with it. I eat nuts becuase I like them. With anything as crisp, and crunchy, and all around good as nuts, I don't worry about the protein or the fat.

VAN DEMAN:

You don't need to ... Anybody with a boyish figure like yours. And none of us would have to bother anyway if we just figure the nuts in as part of the regular meal. But we often do just the opposite. We eat nuts on top of an already hearty meal.

KADDERLY:

Hasn't the Bureau of Home Economics suggested some of the ways to include nuts as part of the regular meal? Seems to me I remember a very attractive leaflet telling many different ways of using nuts and giving tested recipes.

VAN DEMAN:

Your memory's excellent, Wallace. Yes, we do have a leaflet, "Nuts and ways to use them." Elizabeth Whiteman's the author. I brought along a copy just to refresh your memory. But I see it doesn't need it.

KADDERLY:

I was reminded of it very strongly the other day when I heard about the nut situation on the West coast and in the South. There's an extra heavy harvest of almonds and walnuts in California. And a big crop of pecans in the South. Oregon and Washington have a record crop of filberts ... something like 3,500 tons between them. With some of our usual export channels shut off ... at least for the present ... we probably have more nuts for home consumption than ever before. So naturally a publication on "Nuts and ways to use them" in home cooking is very timely.

But, Ruth, I didn't mean to throw you off your track.

VAN DEMAN:

You're not throwing me off the track at all. This is very helpful to all those who buy and use nuts. Housekeeping and meal planning are ever so much more fun when you have some background on why certain foods are plentiful or scarce.

But I would like to call attention to two or three of the things in the nut leaflet. For instance the directions for salting and roasting different kinds. Almonds, and filberts, (and peanuts) are best fried in deep fat. That develops their flavor and makes them crisp ...

KADDERLY:

And crunchy.

VAN DEMAN:

It's plain to see that you are an enthusiastic cruncher of good fresh nuts... To give that pleasant crisp texture to pecans, and Persian walnuts, and hickory nuts, it's better to heat them in a frying pan with just enough butter or oil to cover the surface, and help the salt to stick.

KADDERLY:

How about using peanut oil to cook nuts in?

VAN DEMAN:
None better. Peanut oil in fact is excellent for any kind of deep-fat frying. You can get it very hot before it smokes and breaks down chemically.

And by the way, Wallace, since you're a connoisseur in poultry stuffing, ther are two recipes for making stuffings with nuts in this leaflet.

KADDERLY:
Chestnut stuffing?

VAN DEMAN:
Chestnuts, or almonds, or pecans, or filberts. You can use almost any kind. The chestnuts are excellent. I don't blame you for liking them. But chestnuts aren't so plentiful as they once were.

KADDERLY:
No, the blight hit them very hard.

VAN DEMAN:
And they're tedious to prepare. You know the Italians have a proverb about that.

KADDERLY:
Don't believe I know that.

VAN DEMAN:
"Chestnuts belong to him who peels them."

KADDERLY:
Very neat. And how about "a cat's paw to pull the chestnuts out of the fire." That's an old French saying, I think.

VAN DEMAN:
Yes, every country has its proverbs and its folk lore about nuts ... and its ways of using them. Mrs. Whiteman's included a number of typical American recipes in this leaflet ... black walnut or butternut spice cake...

KADDERLY:
Black walnut cake, did you say. If I just had a hammer and an old flatiron I'd begin cracking the nuts right now.

VAN DEMAN:
Want to do enough for black walnut or butternut molasses taffy too?

KADDERLY:
Sure thing.

VAN DEMAN:
Mrs. Whiteman worked out a recipe for that, and several other kinds of nut candies.

Of course many of the different kinds of nuts can be used interchangeably in cooking. In fact to make nut biscuit, or waffles, or cookies, you don't have to

change the regular recipe. Just add a fourth to a half a cup of chopped nuts, for each cup of flour called for. Mix the nuts with the flour and other dry ingredients so they'll be well distributed all through the batter or the dough... And there you are.

KADDERLY:
As easy as that.

VAN DEMAN:
As some one remarked "Nuts are practically made-to-order for kitchen use." And with that I guess we'll have to call it a day on the nuts.

KADDERLY:
We'll be looking for you again next Tuesday, Ruth Van Deman. (Ad lib offer on Nuts and Ways to Use Them.)

VAN DEMAN:
Wallace, you spoke a moment ago about bobbing for apples, maybe you'd like to mention the folder of Apple Recipes.

KADDERLY:
This tells how to roast apples on a stick?

VAN DEMAN:
No, but it tells how to bake them in an oven.

DU MARS:
And apple pie....

KADDERLY:
Wait a minute here, Duke, it isn't your turn yet. Farm and Home friends, I will be glad to do as Ruth Van Deman has suggested. For any of you who haven't already written for this folder of Apple Recipes before, there is a supply still available. And the same goes for the leaflet on nuts---Nuts and Ways To Use Them. Both, or either, of these publications can be had by addressing a request to the Bureau of Home Economics, U.S. Dept. of Agriculture, Washington, D. C. That address is familiar to many of you --- but we'll repeat it for those not so familiar with that address.

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